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1. A method for enhancing insulation materials without increasing the weight, thickness or density of said materials, which comprises adding to said materials an amount, effective for the purpose, of a metal-coated material.

- 2. The method as recited in claim 1 wherein said insulation materials are fiberglass.
- 3. The method as recited in claim 1 wherein said insulation materials are selected from the group consisting of fiberfill, ceramic and cellulosic materials.

The method as recited in claim 1 wherein said metal-coated material is included as a single layer multiple layers.

- 5. The method as recited in claim 4 wherein said metal-coated material is applied on the surface or in the middle of said insulation materials.
- 6. The method as recited in claim 5 wherein said insulation materials are non-woven or extruded insulation materials.
- 7. The method as recited in claim 1, wherein said metal-coated material comprises silver.

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- The method as recited in claim 1, wherein said metal-coated material includes gold, nickel, copper, or aluminum.
- 9. The method as recited in claim 1, wherein said metal-coated material is knit or woven with other yarns.
  - 10. The method as recited in claim 9, wherein said yarns are selected from the group consisting of polyester, polypropylene, nylon, cotton and acrylic materials.
  - 11. A method for enhancing insulation materials without increasing the weight, thickness or density of said materials, which comprises adding to a fabric that is attached to the insulation materials an amount, effective for the purpose, of a metal-coated material.
  - The method as recited in claim 11 wherein said metal-coated material reflects electromagnetic radiation.
  - 13. The method as recited in claim 11 wherein said metal-coated material reduces electrostatic charges.
- 14. The method as recited in claim 11 wherein said metal-coated material has antimicrobial properties.